

MENTAL HEALTH MATTERS

Taking care of our mental health is important for kids and adults! Here's some information about mental health and how you can support your child's mental wellness.

MENTAL HEALTH VS. MENTAL ILLNESS

These terms are often used to describe the same thing, but they have different meanings.

MENTAL HEALTH

- The state of a person's mental and emotional wellbeing
- How well a person is able to handle the demands and challenges of life, relationships with others, and their view of themselves.

MENTAL ILLNESS

- According to the National Alliance Of Mental Illness ([NAMI](#)), it is defined as a condition that affects a person's thinking, feeling or mood.
- Mental illness varies and may or may not affect a person's functioning.

HOW KIDS CAN IMPROVE MENTAL HEALTH

- Spend time in [nature](#)
- Spend time with loved ones
- Do an activity they enjoy
- Get enough [exercise](#)
- Do something to help someone
- Get enough [sleep](#)
- Try something new
- Limit time spent on technology

HOW YOU CAN HELP

- Actively listen to your child - about big and little things
- Spend time together doing something that your child enjoys
- Encourage [emotional expression](#)
- Set limits on [technology](#)
- Give [meaningful praise](#) to your child
- Don't be afraid to reach out for [professional help](#) or [resources](#)

WATCH FOR **WARNING SIGNS**

- Changes in school performance
- Excessive worry or fear
- Avoiding friends or social situations
- Frequent disobedience or aggression
- Changes in sleeping & eating habits

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